





## Cheeriodle Cooking Pal: \_\_\_\_\_

(your name)

Learn to cook along with Cheeriodle, a friend you may have seen on TV. You'll find that cooking's fun with Cheerios® cereal and this book of easy recipes for treats like Crunchy Apple Salads, Pizza Snack, Caramel-Peanut Nests and Banana Lollipops. Then invite all the family to enjoy the special Cheeriodle Brunch on pages 6 and 7.

Remember, too, that everybody needs a good breakfast every day. For energy to work and play 'til lunchtime, eat a nutritious breakfast like this one—Cheerios, juice, milk and toast with margarine or butter. This gives you at least one-fourth of many nutrients you need for a whole day. Choose the other foods you'll need from the examples given in the Fantastic Food Groups on the next page.

Besides eating breakfast, lunch and dinner, you'll want snacks—who doesn't? Just make sure they're nourishing as well as good tasting—like raw vegetables, fruit, cheese, nuts, milk and foods in this CHEERIODLE COOKBOOK FOR KIDS.

Happy Cooking with Cheeriodle!



\*Reg. T.M. of General Mills, Inc.  
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Note: All of the recipes in this booklet except Snacks on Sticks can be made at high altitude without any adjustments. Snacks on Sticks is not recommended for use at high altitude.



# The Fantastic Food Groups

Foods contain nutrients, but no single food—not even milk—has all the nutrients you need to grow, work and play. To keep your body running smoothly, eat foods from all of these Fantastic Food Groups every day. Isn't food wonderful!



MARVELOUS MEATS	MAGICAL MILK	VALUABLE VEGETABLES AND FRUITS	BEAUTIFUL BREADS AND CEREALS
<p>Meat, fish, chicken, turkey, eggs, nuts, peanut butter, dried peas and beans</p> <p><b>GOOD FOR:</b> Growing strong and staying healthy</p>	<p>Milk, cheeses, yogurt and ice cream</p> <p><b>GOOD FOR:</b> Healthy bones and strong teeth</p>	<p>Oranges, grapefruit, apricots, cantaloupe, carrots, pumpkin, broccoli, winter squash and others</p> <p><b>GOOD FOR:</b> Vitamins C and A to help with healthy skin and eyesight</p>	<p>Breads, cereals, crackers, pasta, rice and baked goods (look for those that are enriched or fortified)</p> <p><b>GOOD FOR:</b> B vitamins, minerals and energy to help you work and play</p>
<b>YOU NEED: 2 SERVINGS EACH DAY</b>	<b>YOU NEED: 3 SERVINGS EACH DAY</b>	<b>YOU NEED: 4 SERVINGS EACH DAY</b>	<b>YOU NEED: 4 SERVINGS EACH DAY</b>

## EXCITING EXTRAS

Butter, margarine, salad dressings, candy, jams, syrups and gravies  
**GOOD FOR:** Flavor, variety and energy, but don't count on them for many important nutrients

## Before You Start Cooking

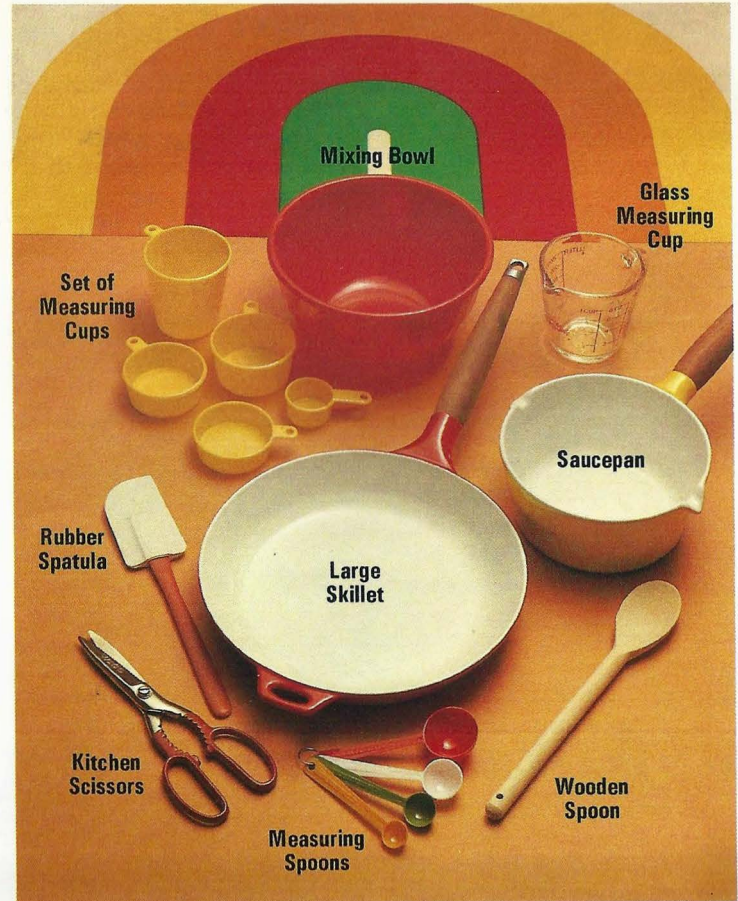
1. Ask a grown-up in your family for a good time to make a recipe.
2. Wash and dry hands well. Wear an apron.
3. Read the recipe all the way through. If you have a question, ask a grown-up.
4. Before you start cooking, take out utensils and ingredients. Measure ingredients exactly.

## For Safe Cooking

1. Ask a grown-up before you use a sharp knife, a stove burner or oven.
2. Always cut with the knife blade pointed away from you.
3. Always slice, dice or chop on a cutting board.
4. Always use pot holders with hot pans. Turn pan handles toward the back of the stove to avoid spills.
5. Pour hot foods carefully. Place hot pans on heatproof surface.
6. Clean up as you go along for less work later.

## When You Finish Cooking

1. Read recipe again to be sure you haven't left anything out.
2. Be sure that oven and burners are turned off.
3. Wash utensils and put them away. Leave kitchen clean and neat (don't forget counters and stovetop) so everyone will be glad to have you cook again.





# Chocolate Ice-cream Cups

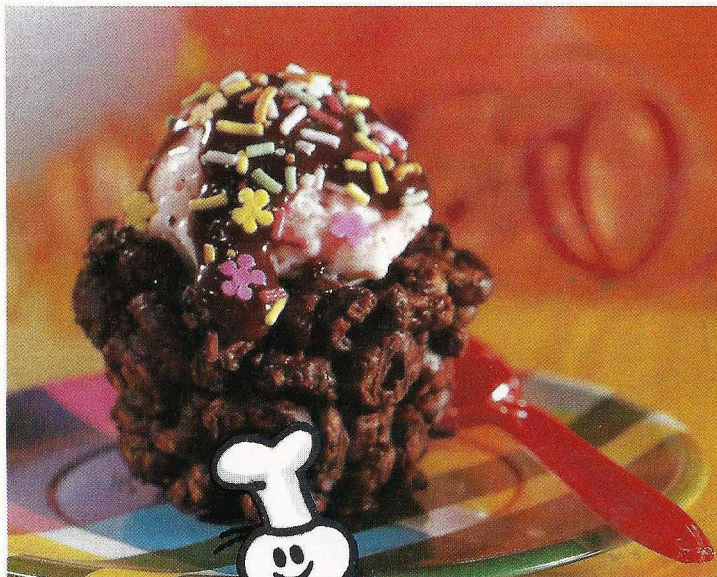
## Utensils You Will Need

12 paper muffin liners  
Medium muffin pan  
Sharp knife  
Cutting board  
Set of measuring cups  
Measuring spoons  
Large saucepan  
Wooden spoon  
Table knife or small spatula

## Ingredients You Will Need

$\frac{1}{4}$  cup sliced almonds  
1 package (6 ounces)  
semisweet chocolate chips  
(1 cup)  
 $\frac{1}{4}$  cup margarine or butter  
1 tablespoon light corn syrup  
 $\frac{1}{2}$  teaspoon vanilla  
3 cups Cheerios cereal  
Favorite ice cream  
Ice-cream topping

1. Put paper liner in each muffin cup. Chop  $\frac{1}{4}$  cup almonds on cutting board.
2. Put chocolate chips,  $\frac{1}{4}$  cup margarine, 1 tablespoon corn syrup and  $\frac{1}{2}$  teaspoon vanilla in large saucepan. Heat over low heat, stirring all the time, until chocolate chips are melted and mixture is smooth. Remove pan from heat and turn off burner.
3. Add 3 cups cereal and the chopped almonds. Mix until evenly coated.
4. Put about  $\frac{1}{4}$  cup mixture in each muffin cup. Press onto bottom and side of liner with knife, making a shell. Refrigerate until firm, about 1 hour. Remove paper liners. Fill each cup with ice cream and top with ice-cream topping. Makes 12 cups.







## Toasted Topping

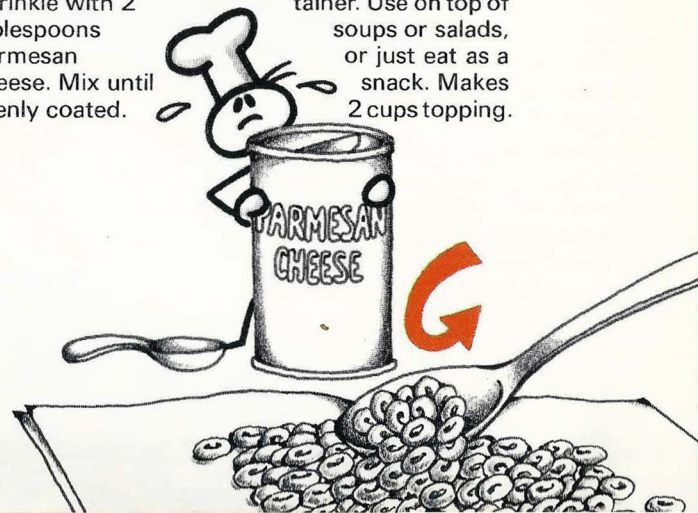
### Utensils You Will Need

Measuring spoons  
Large skillet (about 10 inches across)  
Set of measuring cups  
Wooden spoon  
Paper towels

### Ingredients You Will Need

2 tablespoons margarine or butter  
2 cups Cheerios cereal  
1 teaspoon onion salt or plain salt  
2 tablespoons grated Parmesan cheese

1. Melt 2 tablespoons margarine in large skillet over low heat. Add 2 cups cereal and 1 teaspoon salt. Heat, stirring all the time, until evenly coated, about 5 minutes. Remove pan from heat and turn off burner.
2. Turn mixture onto paper towels. Sprinkle with 2 tablespoons Parmesan cheese. Mix until evenly coated.
3. Cool 10 minutes. Keep topping in airtight container. Use on top of soups or salads, or just eat as a snack. Makes 2 cups topping.



# Caramel-Peanut Nests

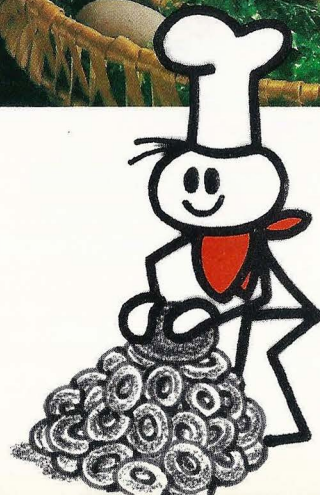
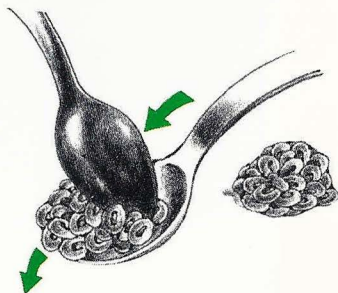
## Utensils You Will Need

Cookie sheet  
Waxed paper  
Large saucepan  
Measuring spoons  
Wooden spoon  
Set of measuring cups  
2 small spoons

## Ingredients You Will Need

$\frac{1}{2}$  package (14-ounce size)  
caramels (24 caramels)  
2 tablespoons water  
 $\frac{1}{4}$  cup creamy peanut butter  
 $1\frac{1}{2}$  cups Cheerios cereal  
12 peanut chocolate candies

1. Cover cookie sheet with waxed paper. Take papers off 24 caramels.
2. Put caramels in large saucepan. Add 2 tablespoons water. Heat over low heat, stirring all the time, until caramels are melted and mixture is smooth. Add  $\frac{1}{4}$  cup peanut butter. Stir until mixture is blended. Remove the pan from heat and turn off burner.
3. Add  $1\frac{1}{2}$  cups cereal. Mix until evenly coated.
4. Drop mixture by rounded spoonfuls onto cookie sheet. Press 1 candy into center of each cookie. Let stand until firm, about  $\frac{1}{2}$  hour. Makes 12 cookies.







## Cheeriodle Brunch

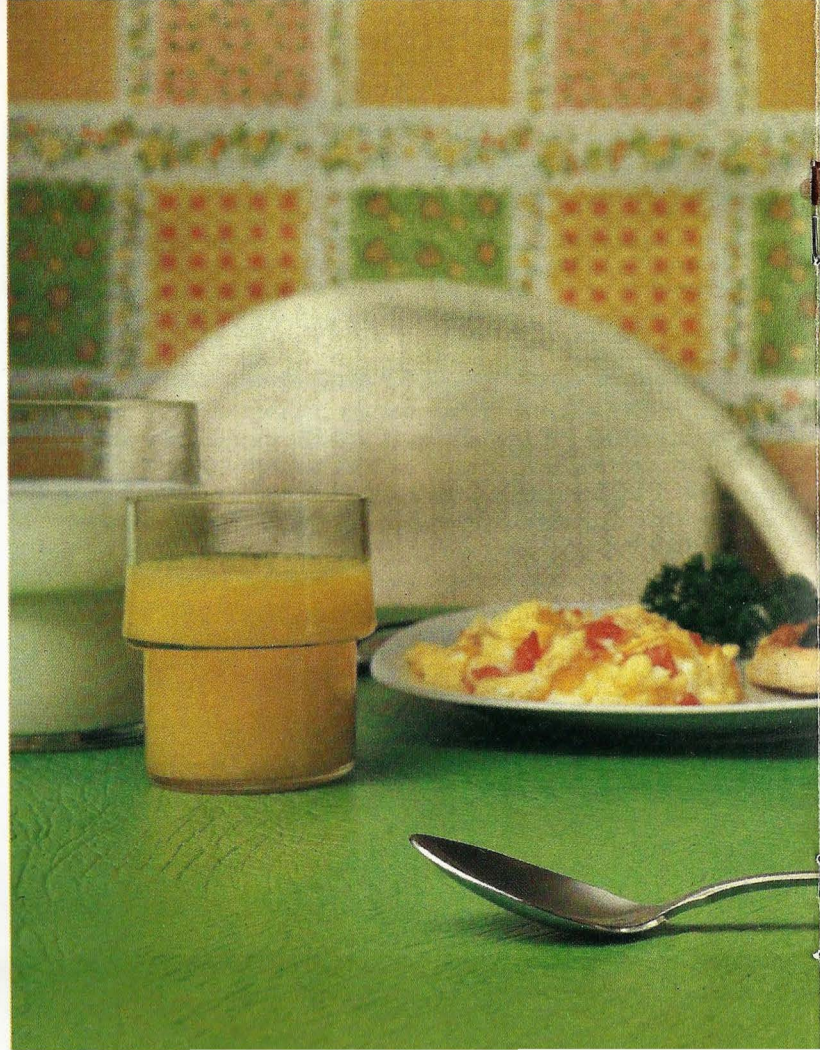
Treat your family to this delicious brunch. It's breakfast and lunch in just one meal. *You* make the yummy Yogurt Brunch Sundaes and ask a grown-up to help you fix eggs your family's favorite way. Pour the juice and milk, butter the English muffins and have a Happy Day.

The numbers and words in color beside the menu show how many servings from each Fantastic Food Group the meal gives you. Now turn back to page 1 to figure out how many more servings of each food group you need to complete the day. (Answers below.)

### MENU

### SERVINGS

Small Glass of Juice .....	1 fruit
Yogurt Brunch Sundae .....	$\frac{1}{2}$ milk/ $\frac{1}{2}$ cereal
Scrambled Eggs .....	1 meat
English Muffin Half .....	1 bread
Glass of Milk .....	1 milk
Butter and Jam .....	extras



(ANSWERS For the day, you will need the following additional servings: 3 Valuable Vegetables and Fruits; 1 $\frac{1}{2}$  Magical Milk; 2 $\frac{1}{2}$  Beautiful Breads and Cereals; 1 Marvelous Meats)





## Yogurt Brunch Sundaes

*Eat with long-handled iced tea spoons.*

### Utensils You Will Need

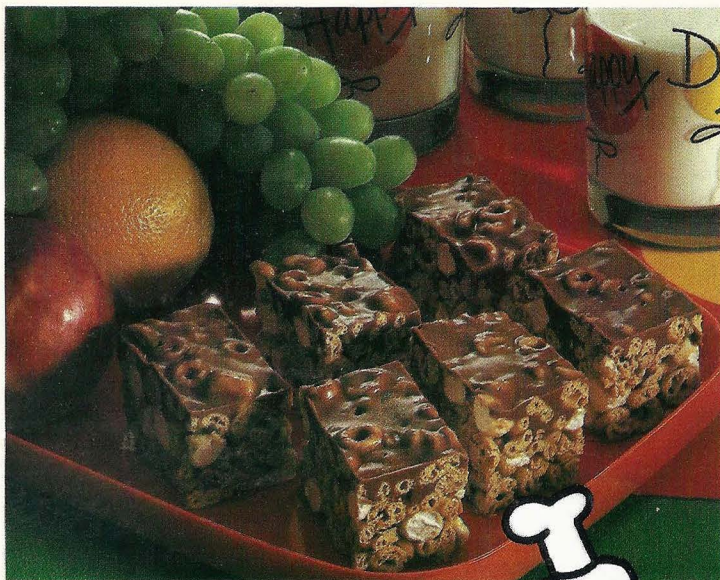
Small, sharp knife  
Cutting board  
Measuring spoons  
2 tall glasses (about  
12 ounces each)  
Set of measuring cups  
Glass measuring cup

### Ingredients You Will Need

8 medium strawberries  
2 tablespoons strawberry jam  
1 cup Cheerios cereal  
1 carton (8 ounces) fruit-  
flavored yogurt

1. Cut 6 strawberries into 4 slices each on cutting board. (Save 2 whole strawberries to decorate tops of sundaes.)
2. Put 1 tablespoon jam in bottom of each glass.
3. Add 6 of the strawberry slices to each glass. Pour  $\frac{1}{4}$  cup cereal on strawberry slices in each glass. Pour the yogurt into glass measuring cup. Pour about  $\frac{1}{4}$  cup yogurt over the cereal in each glass.
4. Make another layer of strawberries, cereal and yogurt just as you did in step 3. Place a whole strawberry on top of each sundae. Eat right away. 2 sundaes.





## Candy Bar Cookies

### Utensils You Will Need

Square pan, 9x9x2 inches  
Set of measuring cups  
Measuring spoons  
Large saucepan  
Wooden spoon  
Large spoon  
Small saucepan  
Table knife

### Ingredients You Will Need

Margarine or butter,  
softened  
1 package (6 ounces)  
butterscotch chips  
 $\frac{1}{2}$  cup light corn syrup  
2 tablespoons margarine  
or butter  
1 teaspoon vanilla  
5 cups Cheerios cereal  
 $1\frac{1}{2}$  cups miniature  
marshmallows  
1 tablespoon shortening  
1 package (5.75 ounces)  
milk chocolate chips

1. Spread margarine on the bottom and sides of square pan.
2. Put butterscotch chips,  $\frac{1}{2}$  cup corn syrup, 2 tablespoons margarine and 1 teaspoon vanilla in large saucepan. Heat over low heat, stirring all the time, until melted and mixture is smooth. Remove pan from heat and turn off burner.
3. Add 5 cups cereal and  $1\frac{1}{2}$  cups marshmallows. Mix until evenly coated. Spread a little margarine on back of spoon. Turn mixture into pan. Press evenly with back of spoon.
4. Melt 1 tablespoon shortening in small saucepan over low heat. Add chocolate chips. Heat, stirring until chips are melted and mixture is smooth. Spread chocolate over mixture in square pan. Refrigerate until firm, about 1 hour. Remove from refrigerator 10 minutes before cutting. Cut into bars (6 rows x 4 rows). 24 bar cookies.





## Pizza Snack

### Utensils You Will Need

Set of measuring cups  
Jelly roll pan,  
15½ x 10½ x 1 inch  
Kitchen scissors  
Small saucepan  
Measuring spoons  
Wooden spoon  
Large rubber spatula

### Ingredients You Will Need

4 cups Cheerios cereal  
½ package (3-ounce size)  
sliced pepperoni  
½ cup margarine  
or butter  
1 teaspoon paprika  
½ teaspoon seasoned salt  
5 drops red pepper sauce  
¼ cup grated Parmesan  
cheese  
¾ cup shredded Cheddar  
cheese

1. Heat oven to 350°.
2. Put 4 cups cereal in jelly roll pan. Cut each slice pepperoni into 4 pieces with scissors and add to the cereal.
3. Melt ½ cup margarine in small saucepan over low heat. Stir in 1 teaspoon paprika, ½ teaspoon seasoned salt and 5 drops pepper sauce. Remove the pan from heat and turn off burner.
4. Pour margarine mixture over cereal and pepperoni. Sprinkle with ¼ cup Parmesan cheese. Mix until well coated.
5. Bake in 350° oven 5 minutes. Remove the pan from oven and stir well. Bake 5 minutes longer. Remove the pan from oven and turn off oven.
6. Cool 5 minutes. Stir in ¾ cup Cheddar cheese. Keep snack in airtight container. Makes about 6 cups snack.



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## Crunchy Apple Salads

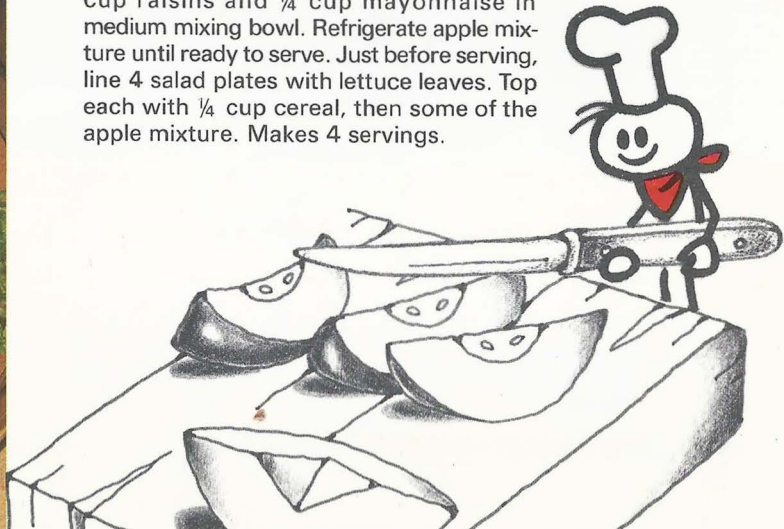
### Utensils You Will Need

Small, sharp knife  
Cutting board  
Set of measuring cups  
Large spoon  
Medium mixing bowl  
4 salad plates

### Ingredients You Will Need

1 large apple  
1 large stalk celery  
 $\frac{1}{4}$  cup salted peanuts and/or raisins, if you want  
 $\frac{1}{4}$  cup mayonnaise or salad dressing  
Lettuce leaves  
1 cup Cheerios cereal

1. Carefully cut apple into 4 pieces on cutting board. Cut out core. Cut apple into small pieces (leave apple skin on). Cut the celery into small pieces.
2. Mix the apple, celery,  $\frac{1}{4}$  cup peanuts,  $\frac{1}{4}$  cup raisins and  $\frac{1}{4}$  cup mayonnaise in medium mixing bowl. Refrigerate apple mixture until ready to serve. Just before serving, line 4 salad plates with lettuce leaves. Top each with  $\frac{1}{4}$  cup cereal, then some of the apple mixture. Makes 4 servings.





# Banana Lollipops

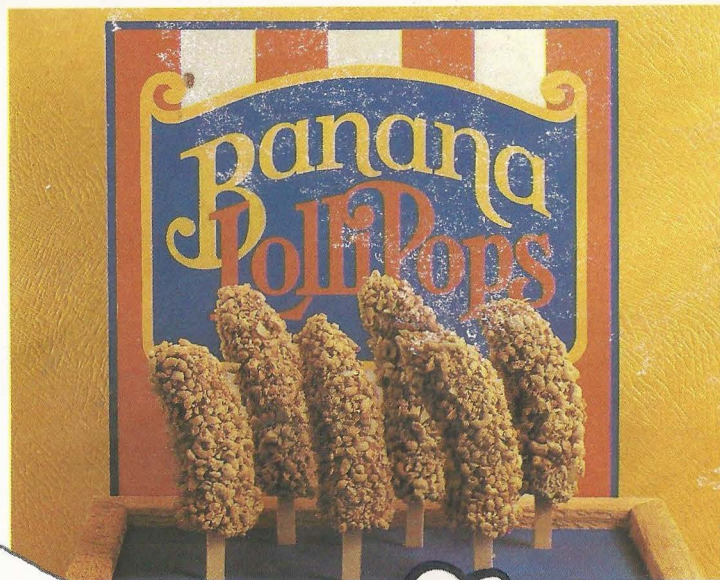
## Utensils You Will Need

- Cookie sheet
- Waxed paper
- Set of measuring cups
- Sharp knife
- Cutting board
- 6 or 8 wooden ice-cream sticks
- Measuring spoons
- Small saucepan
- Wooden spoon
- Table knife or small spatula

## Ingredients You Will Need

- 1 cup Cheerios cereal
- $\frac{1}{4}$  cup sliced almonds
- 3 or 4 firm bananas
- 2 teaspoons shortening
- $\frac{1}{2}$  cup peanut butter chips
- $\frac{1}{2}$  cup milk chocolate chips

1. Cover cookie sheet with waxed paper.
2. Chop 1 cup cereal and  $\frac{1}{4}$  cup almonds together on cutting board. Set aside.
3. Peel bananas. Cut across each banana to make 2 halves. Put ice-cream stick in center of each banana half. Set aside.
4. Melt 2 teaspoons shortening in small saucepan over low heat. Add  $\frac{1}{2}$  cup peanut butter chips and  $\frac{1}{2}$  cup chocolate chips. Heat over low heat, stirring all the time, until chips are melted and mixture is smooth. Remove pan from heat and turn off burner.
5. Spread mixture all over 1 banana half with knife. Roll in chopped cereal and almonds. Place on cookie sheet. Repeat with the other banana halves. Refrigerate until firm, about  $\frac{1}{2}$  hour. Makes 6 or 8 lollipops.





# Snacks on Sticks

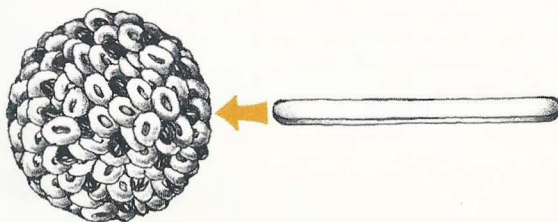
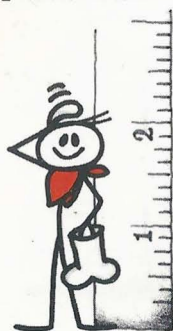
## Utensils You Will Need

Cookie sheet  
Waxed paper  
Set of measuring cups  
Large saucepan  
Wooden spoon  
Ruler  
10 or 11 wooden ice-cream sticks

## Ingredients You Will Need

3 cups miniature marshmallows  
 $\frac{1}{4}$  cup margarine or butter  
 $\frac{1}{4}$  cup creamy peanut butter  
3 cups Cheerios cereal  
 $\frac{1}{2}$  cup raisins  
 $\frac{1}{3}$  cup sunflower nuts

1. Cover cookie sheet with waxed paper.
2. Put 3 cups marshmallows and  $\frac{1}{4}$  cup margarine in large saucepan. Heat over low heat, stirring all the time, until marshmallows are melted and mixture is smooth. Add  $\frac{1}{4}$  cup peanut butter. Stir until mixture is blended. Remove the pan from heat and turn off burner.
3. Add 3 cups cereal,  $\frac{1}{2}$  cup raisins and  $\frac{1}{3}$  cup sunflower nuts. Mix until evenly coated. Let stand 2 minutes.
4. Make the mixture into 2-inch balls. Put ice-cream stick in middle of each ball. Let stand until firm, about  $\frac{1}{2}$  hour. Makes 10 or 11 snack balls.





# Party Necklace

## Utensils You Will Need

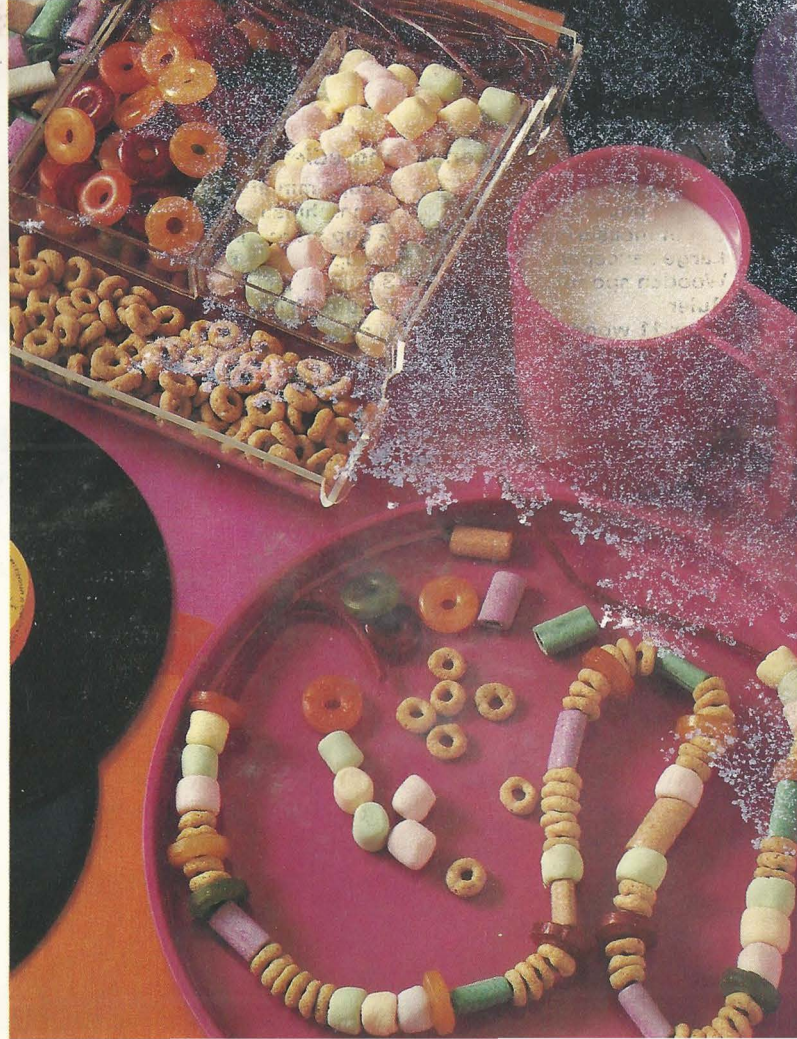
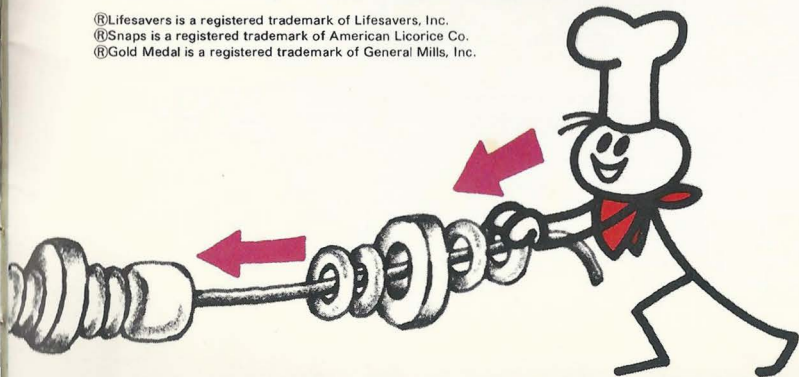
Set of measuring cups  
Ruler  
Kitchen scissors  
Plastic wrap, if you want

## Ingredients You Will Need

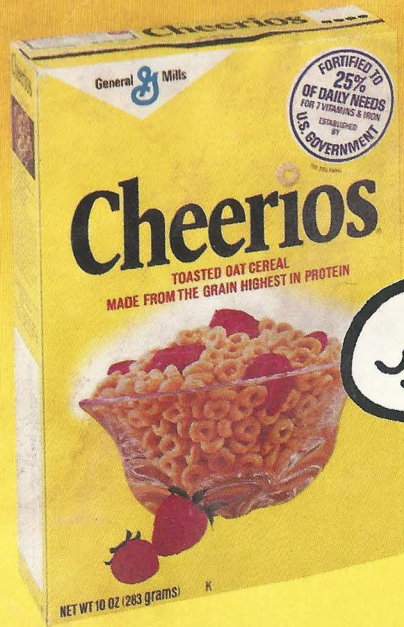
$\frac{1}{2}$  cup Cheerios cereal  
1 roll Lifesavers® candy (use the colorful kind)  
About 1 cup colored miniature marshmallows and/or 1 package (1  $\frac{1}{4}$  ounces) Snaps® licorice candies  
1 piece red lace licorice (about 34 inches long)  
 $\frac{1}{4}$  cup Gold Medal® all-purpose flour

1. String a pattern of cereal, candy and marshmallows on the lace licorice. (Dip end of lace licorice into flour before poking through each marshmallow to prevent stickiness.)
2. When lace licorice is  $\frac{3}{4}$  full, tie the ends in a double knot to make a necklace. If you want, wrap plastic wrap around necklace to keep it clean. Makes 1 necklace.

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®Snaps is a registered trademark of American Licorice Co.  
®Gold Medal is a registered trademark of General Mills, Inc.







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